

## Intro to Smashball



## Smashball is:

- a volleyball game-play variation that emphasizes attacking (*hitting/spiking*).
- fun and fast-paced.
- ideally suited for use as the game play component for Grassroots programs.
- a game that can be used as a 'stand-alone' game for intramurals, noon-hour and/or after school programs.

## Smashball is designed for children:

- gr. 1 3 (ages 6 8 yrs.) **FUNdamentals** 
  - uses play experience (games & activities) to help children learn and develop basic movement and motor skills, game tactics, and rules;
- gr. 4 6 (*ages 9 11 yrs*.) Learn to Train
  - children learn the *basic skills* of volleyball; (*spiking, fore-arm passing, overhead passing, and serving*)

## Smashball is a program in which:

- the activities and games are played using lighter and softer volleyballs, on a badminton court with the net at badminton height or, a modified volleyball court with a lowered net;
- there are 3 4 players per side;

Presentation details:	Date:	Wednesday, October 11, 2023
	Time:	8:00 p.m. CST
	Format:	Zoom meeting
	Duration:	~ 45 minutes

For more information or to register:

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